



Whole Wheat Kernel

The *Whole Wheat Kernel* is made up of
Germ, Bran and Endosperm.





Bran

Bran is the *outer rough shell* which protects the seed. It contains fiber, B Vitamins and trace minerals.





Whole Wheat Flour

Whole Wheat Flour is made from the entire wheat kernel. It contains bran, germ, and endosperm.





White Flour

White Flour is made only from the endosperm. Bran and Germ are removed from the white flour.





Germ

Germ is the germinating or sprouting section of the seed. It contains Vitamin E and B Vitamins and trace minerals.

